



3 - Divers



8 - Fit For Fuji

CFAS holds first town hall meetings June 28, 30

Brief Notes

Second Annual Independence Day Celebration

Enjoy music, games, good food and a wide variety of entertainment at the Second Annual Independence Day Celebration July 3 at Nimitz Park. See ad on Pg. 4 for a full schedule of events.

Tobacco Cessation

Classes will be held every Tuesday in July from 2 p.m. until 3:30 p.m. in Training Room B, second floor of Public Works (Bldg. 200). Call the Branch Health Clinic at 252-2550 to sign up.

PWD HAZMAT Collection

Public Works Department Environmental will hold a **household hazardous material collection day** July 5 at the CFAS recycling yard (next to the NEX gas station) from 10 a.m. until 2 p.m. CFAS personnel may bring their household cleaners, batteries, used car oil and other household hazardous items to the yard for drop off in the provided yellow bins. For more information, please contact Tom Smith at 252-3248.

University of Phoenix

UoP has the right master's program for you! On-site and online programs are available, including the new Master's of Management - International program. Call Mike Bormann at 252-3044 for more information, or contact via e-mail at Michael.Bormann@phoenix.edu.

USO Notes

Sasebo Idol Contest July 3. Auditions at USO tent. There will be two age groups, one for children and one for adults.

Persian Carpet Sale July 8 - 10 at Harbor View Club.

USO Auction will be held July 23 at the Harbor View Club.

Fleet Landing office closed for renovation until Sept. 30. It has been relocated to Bldg. 301, next to the Barber Shop. USONet payments can be made there. For more information, call the Nimitz Park USO at 252-3960.

DUI Counter:
4 days as of June 30

JOSN Adam R. Cole

CTF-76 Public Affairs

Captain Tilghman D. Payne, Commander Fleet Activities Sasebo, recently held his first public forums since assuming command just over two months ago.

Two town hall meetings were held, one inside the Main Base Chapel June 28 and the other at the Hario Chapel June 30.

Every base quality service program was represented, each giving brief updates to the gathered audience.

Payne was impressed by the diversity of programs offered at Sasebo.

"I think CFAS is doing a tremendous job in reaching out and providing for the single Sailors and the families that are here on this base," said Payne. "What I like best is the superb amount of information getting out there about what each service is doing. I now welcome any comments, feedback based on the many things that were discussed."

Payne said he is still in an assessment phase of his tour here as Fleet Activities commander but has some plans ramping up. He is strongly interested in creating a system that quantitatively analyzes how CFAS operations contribute to mission readiness for the ship personnel and ultimately the ships.

"Bases around the globe are evolving, evolving to meet a new standard," said Payne. "I see this as a business and our bottom line is mission readiness."

One of the major topics of the discussion at Tuesday's town hall meeting was the new Commander U.S. Naval Forces Japan (CNFJ) policy on civilian clothes, which prohibits such items as shower shoes, active athletic attire and certain risqué clothing in public places.

CMDCM (SS) William F. Lowman, CFAS Command Master Chief, said that leaders within the community should take an active approach in combating non-appropriate civilian attire.

"If you see someone walking on base and they're out of regulation, let them know—or come find me," said Lowman. "I think if we begin to at least check those that are violating the rules, they will think twice about it next time."



Commander Fleet Activities Sasebo (CFAS) Capt. Tilghman D. Payne addressed base facility managers and the Sasebo community at the Main Base Chapel June 28. (U.S. Navy Photo by JOSN Adam R. Cole)

Administratively, Payne is tasking base security to step up enforcement on clothing, to not allow those without proper attire to enter the base. He has also urged the ships to look closely at individuals who leave the quarterdeck.

One of the things that Payne wants to focus on improving throughout this quarter is the childcare development center. He says that he would like to increase the staff in order for it to be able to fully meet the needs of parents on base.

"I understand how important child care is here," said Payne. "Our mothers can't attend the cultural class and then can't get a driver's license if their kids have no where to go during the day. That's why this is something that we will put a lot of effort into developing."

Payne has suggested that the town hall meetings will be quarterly events, though he emphasized that people with comments and concerns are welcome to voice them at any time.

For now, he likes the progress and will continue to let each individual program flourish.

A quick look at the updates

Navy Exchange: Only 202 days and counting until the much larger NEX is opened. Currently, the project is 25 percent completed.

Security: Stay tuned for a vehicle auction. More than 200 abandoned vehicles now sit in a lot on base.

Legal: Military members are urged to make a living will to account for an unforeseen accident, especially one that might require life support.

Housing: Several projects are in the works that should create 398 new units.

Medical: Sailors coming in from deployment can now call in ahead and have a priority appointment with a primary care provider.

MWR: Several infrastructure improvements to look out for: the Nimitz park is getting a new rubber jogging track and the Showboat Theater a new lobby.

PSD: A new system is gradually being installed that will move make service record issues for afloat personnel easier and more efficient to manage.

New changes to TRICARE Overseas Prime (TOP)

Minday Flores

TRICARE Pacific Marketing

Effective immediately, active duty family members (ADFMs) must be command sponsored to enroll in Tricare Overseas Prime (TOP).

Permanent Change of Station (PCS) orders and Family Entry Approval (FEA) are the key documents required prior to signing up for TOP Prime.

TRICARE Prime ADFM enrollment requirements:

- Updated DEERS information.
- Command sponsorship/family entry approval (FEA) for verification.
- Completed TRICARE PRIME enrollment form.
- Submit paperwork to TRICARE Service Center in Naval Branch Health Clinic (NBHC) Sasebo, Rm. 306.

There are exceptions to this requirement - feel free to stop by or call your TRICARE Service Center at 252-2571/2572 with questions.

So remember – no proof of command sponsorship and FEA, Active Duty Family Members will remain eligible for TRICARE Standard and/or Plus or space available care and will not be eligible for TRICARE Prime.

Many tangible benefits to serving with FDNF

Hard work, money, education, see the world...you didn't join the Navy to sit on your stern!

FLTCM(SS/SW) Rick West
U.S. Pacific Fleet Master Chief

Warriors, I previously released this article in Hawaii but decided to run it again to get coverage across the Navy because I think the topic is that important. As Sailors we have many opportunities to visit foreign countries and get a quick snapshot of the local culture and the way of life associated with a foreign country.

But have you ever thought of living there?

Many opportunities exist for duty overseas; it's an excellent opportunity for you and your family to experience the monetary advantages, education opportunities, travel and the challenging assignments that make up overseas assignments.

In Japan for example we have two problems associated with FDNF duty. First is getting Sailors to take orders to Japan; the second problem, and the

biggest, is trying to get Sailors and their families to leave when their duty is completed ... they simply love the Japanese culture and the advantages of being stationed in the FDNF.

I had the opportunity to go overseas for duty and still today I reflect on that tour as rewarding, fun and one that will always provide great memories. That said I'd like to discuss an issue that not only affects the readiness of our Navy, but also provides some very interesting opportunities for you all — duty overseas and in particular, in the FDNF?

Many opportunities exist for us that have completed or will be completing an overseas tour. In fact every Sailor who enters our great Navy should expect to do one or two tours overseas in their 30-year careers.

One of my big concerns as Fleet Master Chief is that some of our forward-deployed Pacific Fleet billets are getting a bad rep, mostly because of a lack of good information. Hopefully through this article I will address some of your concerns about FDNF duty and provide you some information that will assist you and your family in making an informed decision to go overseas for a tour or two.

First let's talk about what's close to everyone's heart — money. As some of you may or may not be aware, our Navy has started a cash-incentive program called assignment incentive pay (AIP) to help fill critical overseas billets that traditionally have been hard to fill. For some ratings, that can amount to almost \$1,500 a month extra.

Through the AIP program and the detailers, Sailors bid on a job, keeping

the max in mind, and the most qualified Sailor gets the nod. But as we all know,



**FLTCM (SS/SW)
Rick West**

U.S. Pacific Fleet Master Chief

there's no free lunch.

AIP is scaled to meet rating and location requirements, in other words putting a qualified Sailor in a needed billet. Critical-skill ratings get more than others and some locations that are harder to fill will have higher AIP ceilings. Talk with your Career Counselor regarding your eligibility for AIP.

And let's also not forget about other financial incentives to forward-deployed duty like overseas COLA, housing allowances, sea pay for sea commands, and for those looking to extend there, overseas tour extension incentive pay.

I would like to take this opportunity to share with you some incentives and advantages to being stationed in Yokosuka, Japan on sea duty. I will use an E-6 over 8 for my example, living in housing (only a month wait now) with 3 dependents. That Sailor would get \$1,212.00 for COLA (Cost of Living Allowance), possible max AIP of \$450.00 (will use this number for example only), that alone banks you around \$20K per year **extra** on top of your other pays which equates to approximately \$60K **extra** over a 3 year tour, not a bad way to get yourself ahead financially and professionally.

Other items that are significant and should be considered are:

- Priority Seating on MAC flights for Environmental Morale Leave (EML)
- Paid Travel for Member & dependents on Emergency Leave.
- Spousal Tax-Free Employment Income (Up to \$80K) (TAX FREE) (I met a young Sailor whose wife was working in Tokyo three days a week making big bucks teaching English to Japanese students; all tax free)
- No out-of-pocket expenses for orthodontic care (ex. children's braces)
- DODEA schools (In Yokosuka approx. 20 to 1, student to teacher ratio)
- A very robust MWR, offering many travel opportunities.
- Short waiting list for housing.

The Navy understands your financial concerns when it comes to this kind of duty and is ready to pay for the right people to do these tougher jobs. And remember the example above does not

*Please see **FDNF**, Pg. 6*

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Deadline for regular submission is Tuesday at Noon. For more information, call 252-3409 or 252-3485. Address all correspondence to:

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OPINION

JOSN Adam R. Cole
CTF-76 Public Affairs

As you look around Fleet Activities Sasebo (CFAS), you catch a glimpse of the hard work and dedication so many Sailors are putting out here. The empty bay is a visible sign of this. Huge ships that once moored or anchored here are gone now, on deployment, patrolling the seas somewhere around the world.

You don't realize what forward deployed means until you're here, until you step on a ship and see countless bodies in motion, tirelessly working to make a vessel ready to get underway - each one doing his or her part to achieve the mission.

There are some Sailors who are a vital part of this great fleet that don't see the light of day. They work from six in the morning until nine at night. Day after day after day. Most are Machinist's Mates, working in the ships' engine rooms, performing maintenance on vital systems there so they calibrate just right and so the ship actually runs.

You don't understand the meaning of dedication until you meet the wives of

these Sailors, the ones who wait patiently in the night for their husbands to come home from another day in the pit. I met one wife, whose loved one works in the dark underbelly, who only gets an average of five hours a night with her spouse - and those hours, he spends sleeping.

Another wife is packing, flying to meet her hubby in Singapore, one of the few port calls in a tiring deployment as part of CARAT. They must strategically make love work.

You look at what they're doing out there, these men and women in Blue, and you say, "Good on you." Like the Sailors of USS Juneau (LPD 10) who planted 400 mangrove trees off the coast of Africa during the ship's last deployment. Or the million pounds of food the USS Essex delivered to needy victims of the tsunami disaster.

It is easy for Sailors to complain about the strain on family, the long work hours and the difficult working environment. But so many don't do that. They suck it up and push harder, to do their part for the greater good.

It would be nice, I'm sure, if there was

such a thing as a relaxation period between deployments. But instead, it's more get back, get fixed and get underway.

It's easy to detect a tension in those Sailors and Marines still in port. They savor every day. They savor the workday ending at 1600 and not sometime into the night. Not the six hours on, six hours off formula. Most of all, they savor the light.

There is only one thing we can say, as another brave group of Sailors pushes off from the pier: We support you. Keep fighting that good fight. The world needs you.

Hopefully, as the courageous Sailors sweep those decks or man that gun mount on a long, long watch, that they realize that. They realize that without their efforts, there would be no hope for freedom for all.

Editor's Note: JOSN Cole is a staff journalist assigned to Commander Task Force 76 Public Affairs, who has recently arrived in Sasebo.

The shore view - Sailors, good on you!

Navy, Thai divers share techniques, develop trust and teamwork

JOC Melinda Larson
Commander Destroyer Squadron 1 Public Affairs

U.S. Navy and Royal Thai Navy (RTN) divers practiced standard diving techniques June 21 using USS Safeguard (ARS 50) as a dive platform at Chuk Samet pier here.

The divers are sharing their skills during exercise Cooperation Afloat Readiness and Training (CARAT) 2005. CARAT, a bilateral series of military training exercises with several Southeast Asian nations, is designed to strengthen the interoperability of the sea services. In the precarious underwater world of Navy diving, a strong trust for fellow divers is the cornerstone of every operation.

"We need to get comfortable with each other in the water. Sometimes there's a language barrier so we have to figure out other ways of communication such as hand signals," said Engineman First Class Joseph Moebius, a Safeguard diver who was on the first of 10 dives with a RTN counterpart.

During each of the 10 dives, wearing MK-21 helmets, two divers from each Navy were lowered over the side of Safeguard on a dive platform to a depth of about 30 feet. The pier side practice is in advance of a scheduled wreck dive in open waters during the at-sea phase of CARAT.

"The indoctrination dives are a requirement for us before open water dives," said Lt. j.g. Nicholas Parker, a Safeguard dive officer. "It's also a chance for us to dive together in a controlled environment and increase our confidence in each other's capabilities."

Trust in fellow divers is critical because when the unthinkable happens, such as a ruptured air hose or a diving injury, a diver has to trust the person underwater



Boatswain's Mate Third Class (Diver) Daniel Smith (right) secures a MK-21 dive helmet for a Royal Thai Navy diver with help from another RTN diver aboard USS Safeguard (ARS 50). Divers conducted a combined training exercise on board the ship during exercise Cooperation Afloat Readiness and Training (CARAT) 2005. CARAT Thailand is the second phase in a series of bilateral military training exercises with several Southeast Asian nations designed to enhance the interoperability of the respective sea services. (U.S. Navy Photo by JOC Melinda Larson.)

with him to make the right moves. "There's a lot more trust coming from the Thai divers because they're on our systems," noted Parker. Working in an environment with divers whose second language is English also built the confidence of the U.S. divers.

"If you can teach it, you know it. Teaching the Thai divers helps build the confidence of men on my team because they can teach U.S. dive techniques to a non-English speaker," said Parker.

Because the Royal Thai Navy does not have a salvage ship in its fleet, it's important to train with the Safeguard divers in the event of a future mishap.

"We may be tasked to do diving or salvage operations with the Thai Navy. By building relations with our Thai counterparts through training exercises, we'll be ready for a real event," said Senior Chief Boatswain's Mate (MasterDiver/SW) Jeffrey Samson.

Safeguard is one of four ships in the CARAT task group, which arrived in Thailand June 17 for the Thailand phase. Rear Adm. Kevin M. Quinn, commander of Logistics Group Western Pacific is responsible for overall CARAT coordination for U.S. participants in his executive agent role as Commander, Task Force 712. Capt. Buzz Little, Commander Destroyer Squadron One, leads the CARAT ships while embarked in USS Fort McHenry (LSD 43). The guided missile destroyer USS Paul Hamilton (DDG 60) and the guided missile frigate USS Rodney M. Davis (FFG 60) are also part of the CARAT task group.

U.S. Navy brings Royal Thai Marines ashore during CARAT

JOC Melinda Larson
Commander Destroyer Squadron 1 Public Affairs

Forty-four Royal Thai Marines (RTM) waged a strike at Had Yao beach here June 25 after arriving in two U.S. Navy Landing Craft, Air Cushion (LCAC) during an exercise Cooperation Afloat Readiness and Training (CARAT) 2005 amphibious warfare assault scenario.

"The Marines seem motivated and ready to hit the ground running," said Senior Chief Boatswain's Mate Steve Alt, officer-in-charge Assault Craft Unit (ACU) 5 Detachment Western Pacific Alfa aboard USS Fort McHenry (LSD 43) as he prepared to get his craft up on cushion and transport the Marines two and one-half miles to the beach.

The Marines were picked up by the LCACs the day before during an exercise rehearsal and transported to Fort McHenry, where they spent the night before waging the sunrise assault.

"The ship and the LCACs seem to work systematically and very well as a team," noted RTM Lt. Praiwan Janjae, officer-in-charge of the 7th Battalion, 3rd Regiment.

LCACs operate from well deck-equipped amphibious ships and move troops, equipment and supplies from ship-to-shore and over the beach. Thai forces were also transported to the beach from amphibious assault vehicles (AAV) launched from the amphibious support ship HTMS Sichang (LST 721) which was operating in tandem with Fort McHenry. Although AAVs and LCACs play a similar role in transporting troops, it seems the rides are different.

"The LCAC is faster than an AAV and it has more room," said Janjae. "LCACs make my force feel fresh and good. If my force feels good landing then they are ready to do their mission."

In preparation for the mission, Beachmaster Unit (BMU) One Detachment Western Pacific, embarked in Fort McHenry to support the LCACs, spent two days

and nights at the exercise site ensuring the beach was ready for the landing craft.

"We pick up debris along the beach in order to provide a safe landing area for the craft so the Marines who disembark don't get struck by flying debris stirred up by the LCACs propellers," said Construction Mechanic First Class (SCW/SW/AW) Michael Jones, leading petty officer of the detachment on board Fort McHenry.

Once the Marines were safely on the beach, a torrential downpour did not prevent them from securing positions along the coastline and advancing inland to their objective which was to destroy a terrorist training camp and recover contraband.

CARAT is a regularly scheduled series of bilateral military exercises between the U.S. Navy and the armed forces of several Southeast Asian nations. Thailand is the second stop for the four-ship strong U.S. Navy



Seconds before a torrential downpour, Royal Thai Marines rush from a U.S. Navy landing craft air-cushion (LCAC) during an exercise Cooperation Afloat Readiness and Training (CARAT) 2005 amphibious warfare assault scenario June 25. LCAC-73 is from Assault Craft Unit (ACU) 5 Detachment Western Pacific Alfa embarked USS Fort McHenry (LSD 43). CARAT is a series of bilateral military training exercises with several Southeast Asian nations designed to enhance the interoperability of the respective sea services. (U.S. Navy Photo by JOC Melinda Larson)

CARAT task group led by Capt. Buzz Little, Commander Destroyer Squadron One. Approximately 1,200 U.S. personnel are participating in CARAT along with some 1, 600 RTM and Royal Thai Navy troops.

Single Sailors trek to Mt. Yumihari with Reality Check

Lt. j.g. Sunny Mitchell
Reality Check Program Coordinator

SPLAT! SMACK! AAAHHHH! All of these sound effects flooded Mt. Yumihari’s valley as CFAS Single Sailors engaged in friendly water balloon fire on Saturday, June 25.

Although this Reality Check excursion to Mt. Yumihari culminated with the water balloon fight heard around Sasebo, this event also offered various exciting and adventurous activities for CFAS Single Sailors. These Sailors gawked at Yumihari’s beautiful views as they scarfed down a free lunch complete with donated homemade cookies. Afterwards several Sailors hiked Mt Yumhari’s winding trails and played flag football and Ultimate Frisbee.

Eventually the footballers began planning their water balloon ambush on the returning hikers. Seabee Dustin Mendenhall utilized his cover and concealment skills as he waited for the unsuspecting hikers to return. Then it happened. Before Chaplain Ranard could ready his camera, SPLAT! The Sailors launched the first balloon and there was no turning back.

Single Sailors who missed June’s free excursion to Mt. Yumihari should plan on attending July’s free Reality Check cookout on Shirahama Beach. This event, as with



Splat!!!EN3 Michael Velarde absorbs a direct hit from MASN Jessica Reis during a friendly water balloon fight during Reality Check’s June 25 excursion to Mt. Yumihari . (Released by CFAS Religious Ministries)

all Reality Check events, is free to Single service men and women and geographical bachelors stationed at or attached to CFAS. We will leave the Community and Education Center /Library Building parking lot at 11:30 a.m. and return by 3:30 p.m. on Saturday, July 23. To facilitate planning needs, please sign up with the CFAS

Chaplain’s office no later than Wednesday, July 20. To sign up or for more information please contact Chaplain Mitchell at 252-3380 or e-mail <sunny.Mitchell@sasebo.navy.mil>.

Reality Check is the CFAS Command Religious Ministries Department’s Single Sailors program that focuses on many topics relevant to Single Sailors. This casual discussion in a relaxed atmosphere led by Chaplain Mitchell includes complimentary food and drinks, special organized events, opportunities to meet new people, and discussions of current movies, books, events, and issues important to the Sailors of today’s Navy... hence the title of the program, “Reality Check.” Reality Check is open to all Sailors stationed or homeported at CFAS and meets every Friday night at 7 p.m. on the second floor of the CEC/Library building.

- July Schedule for Reality Check:**
- July 1:** Watch the movie *Pleasantville*
 - July 8:** Discussion on *Pleasantville*
 - July 15:** **Special Topic discussion**
 - Saturday, July 23:** Shirahama Beach cookout and party
 - July 29:** Watch the movie *The Matrix* part I

Sasebo's FISC Contracting Office needs your purchase and contract requests

FISC Detachment Sasebo Contracting Office needs to receive purchase or contract requests from customers by the following due dates to be able to confirm that customers' requirements with expiring funds are obligated prior to the end of Fiscal Year 05 and ensure the commencement of requirements beginning Oct. 1:

Amount	Type of Action	Due Date
Under \$2,500	Micropurchase per EBUSOPSOFFINST 4200.1a	Aug. 27
\$2,501 - \$25,000	purchase/delivery order	Aug. 27
\$25,001 to \$100,000	purchase/delivery order	Aug. 13
\$100,001 to \$1 million	contract/delivery order	June 1
Over \$1 million	contract/delivery order	May 1
Any Dollar Amount	Exercise of option/annual Rental & Maintenance (ARMS)	June 1

POC for contractual procurement is K. Kukita at <katsuki_kukita@yoko.fisc.navy.mil>, (DSN) 252-3469, (COMM) 0956-50-3469

July 3 Open Base Independence Day Celebration Schedule

Let Freedom Ring • Let Freedom Ring • Let Freedom Ring

Event Itinerary

FIREWORKS

8:45 p.m. • Juliet Basin

ALL AMERICAN BUFFET

Sunday, July 3
Harbor View Club
Noon-8 p.m.

MAIN STAGE

1 p.m. Superstars of Rock
3 p.m. Credence Clearwater Revival Tribute
5 p.m. "Fandango"-ZZ Top Tribute
7:45 p.m. "Baby Girl" Beyonce Tribute

FAMILY STAGE

11:30 a.m. Children's Choir
Noon Japanese Sword Dancers
1:45 p.m. Saikai Shimamon Taiko Drummers
2 p.m. Yosakoi Team One
2:15 p.m. Starlight Dancers
2:45 p.m. Saikai Shimamon Taiko Drummers
3 p.m. Yosakoi Team Two
3:15 p.m. Starlight Dancers
3:45 p.m. Saikai Shimamon Taiko Drummers
4 p.m. Yosakoi Team Three
4:15 p.m. Sasebo Idol Kids Semifinals
5 p.m. Yosakoi Team Four
5:15 p.m. Sasebo Idol Adult Semifinals
6:30 p.m. B-Flat Dancers
7 p.m. Sasebo Idol Kids Finals
7:15 p.m. Sasebo Idol Adult Finals

GALAXIES STAGE

2:45 p.m. Yosakoi Team One
3 p.m. Azuwan For Keeps Dance Team
3:45 p.m. Yosakoi Team Two
4 p.m. Azuwan For Keeps Dance Team
4:15 p.m. The Busters-Japanese Rock Band
4:45 p.m. Yosakoi Team Three
5 p.m. Azuwan For Keeps Dance Team
5:15 p.m. The Busters-Japanese Rock Band
5:45 p.m. Yosakoi Team Four
6 p.m. Junk Daniels-Japanese Rock Band
6:30 p.m. American Rock Band
7 p.m. Junk Daniels-Japanese Rock Band
8 p.m. Thunderhead-Japanese Progressive Rock Band

Let Freedom Ring • Let Freedom Ring • Let Freedom Ring

Safety Corner

Charles Carr
CFAS Safety Department

Eight heat stress tips and warning signs for recognizing, evaluating and controlling heat stress:

- 1. Drink cool water.** Anyone working in a hot environment should drink cool water in small amounts frequently — one cup every 20 minutes. Supervisors should make water available. Avoid alcohol, coffee, tea and caffeinated soft drinks, which cause dehydration.
- 2. Dress appropriately.** Wear lightweight, light-colored, loose-fitting clothing and change clothing if it gets completely saturated. Use sunscreen and wear a hat when working outdoors. Avoid getting sunburn.
- 3. Work in ventilated areas.** All workplaces should have good general ventilation as well as spot cooling in work areas of high heat production. Good airflow increases evaporation of sweat, which cools the skin.
- 4. Work less, rest more.** Supervisors should assign a lighter workload and longer rest periods during days of intense heat. Short, frequent work-rest cycles are best. Alternate work and rest periods with longer rest periods in a cooler area, and schedule heavy work for cooler parts of the day.

- 5. Ask how workers are feeling.** Supervisors should monitor workplace temperature and humidity and check workers' responses to heat at least hourly. Allow a large margin of safety for workers. Be alert to early signs of heat-related illness and allow workers to stop their work for a rest break if they become extremely uncomfortable.
- 6. Know the signs and take prompt action.** Employees and employers should learn to spot the signs of heat stroke, which can be fatal. Get emergency medical attention immediately if someone has one or more of the following symptoms: mental confusion or loss of consciousness, flushed face, hot, dry skin or has stopped sweating.
- 7. Reduce work for anyone at risk.** Supervisors should use common sense when determining fitness for work in hot environments. Lack of acclimatization, age, obesity, poor conditioning, pregnancy, inadequate rest, previous heat injuries, certain medical conditions and medications are some factors that increase susceptibility to heat stress.
- 8. Check with your doctor.** Certain medical conditions such as heart conditions and diabetes, and some medications can increase the risk of injury from heat exposure. Employees with medical conditions or those who take medications should ask their doctors before working in hot environments.



Waterskiing with Sailing & Outdoor Adventure Center

Enjoy a cool day of waterskiing on Saturday, July 2 from 10 a.m. until 2 p.m. It's a great way to enjoy fun in the sun for just \$15 per person. Let the good people at the Sailing & Outdoor Adventure Center (located directly across the street from the Community & Education Center) take you and your friends out for a fun-filled four-hour session on the water. Call 252-3500 for more information.

Independence Day Celebration set for July 3 at Main Base

Baby-Girl, a Beyonce Tribute, will headline the live entertainment program at the Annual Sasebo Independence Day Celebration on Sunday, July 3 along California Drive on Main Base. Baby-Girl will be sharing the main stage with the popular band Fandango, famous for performing hits from ZZ Top to Credence Clearwater Revival, complete with costumes and performers who look and act the part of these great performers of the 70s and 80s. Other Independence Day activities scheduled throughout the day include a full day of live entertainment on three different stages, various exhibits, food and beverage booths, games, ship tours, sports competition, displays, an 'All American Buffet' at the Harbor View Club, and much more. The fun gets underway at 11 a.m. and continues until the aerial fireworks display concludes at approximately 8:45 p.m. The annual Independence Day Festival will be open to the general public. A free shuttle bus will run to and from Hario throughout the day. For more information, call 252-2928.

Mt. Fuji Beckons You

The Sailing & Outdoor Adventure Center has scheduled four Mt. Fuji trips this year, so you'd better hurry and make reservations now before they sell out. This is a once in a lifetime opportunity to conquer the highest mountain in Japan. All are weekend trips and cost \$99 per person. The trips depart on Friday at 3 p.m. and return on Sunday at 2 p.m. The four scheduled Friday departure dates are: July 8, July 22, August 12 and August 26. Sign up early to guarantee a seat on the bus. For more information call 252-3500.

Shoppers Paradise

The Travel & Tours Office has scheduled another COSTCO Wholesale & Torius Shopping trip on Saturday, July 9. You can shop all day long with the COSTCO one-day pass that comes with the trip. All seats are \$12. Remember, COSTCO accepts American Express. Discover the savings! For more information call 252-3433.

Comedy Night at Galaxies

Comedians Kelly Moran and Cash Levy are scheduled to perform free, 8 p.m. at Galaxies on Thursday, July 14. Kelly is a nationally renowned touring comedian who has shared the stage with such stars as Jim Carey, Chris Rock, Bobcat Goldthwaite and Carrot Top, to name a few. Levy is a versatile signer, actor and comedian, with national television appearances under his belt and stints at the Hollywood Improv and San Francisco's Punchline. For more information, call 252-2980.

Free Shirahama Beach Shuttle Bus

The Shirahama Beach Shuttle Bus makes round trips from Main Base to the popular beach every Sunday through August 28, courtesy of your MWR Department. The bus departs Main Base from the bus stop located across from the Commissary at 11 a.m., noon, 2 p.m. and 4 p.m. Return trips depart Shirahama Beach at 1 p.m., 3 p.m., 5 p.m. and 6 p.m. Children 12 & under must be accompanied by an adult. For more information, call 252-3433.

Travel & Tours/USO Lounge Make a Move

The MWR Travel & Tours Office and the Main Base USO Lounge have moved to temporary quarters near the NEX Barber/Beauty Shop complex. The Travel & Tours Office and USO Lounge will remain at the new location throughout the summer months while renovation work is underway at the Fleet Landing site. Telephone numbers and hours of operation will remain the same for both facilities. For more information, call 252-3433.

Bingo Night at the Harbor View Club

Every Wednesday night is Bingo Night at the Harbor View Club. The first number is called promptly at 6 p.m. and players will start winning cash shortly thereafter. Blackout jackpots often exceed \$1,000. Free munchies are available and the bar will be open so you can purchase your favorite beverages. For more information, call 252-3965.

Betcha Didn't Know about... Submarine I-58

Phil Eakins

Base Historian

"Forgotten amid the trying days of occupation, the rusty-hulled I-58 bobs peacefully at anchor in the blue waters of Sasebo Bay."

Thus begins a December 1945 article written by Marine Corps correspondent SGT Michael D. Brown in the Pacific Stars & Stripes about the most infamous Imperial Japanese submarine of the Pacific War.

Why was the I-58 so hated throughout the U.S. Navy? What circumstances brought the sub to Sasebo after war's end? Ah, therein lies the tale . . .

The I-58 was completed as a *kaiten* (human torpedo) carrier at the Yokosuka Naval Arsenal in early September 1944. The sub participated in several *kaiten* missions, and also was ordered to attack U.S. naval forces at Iwo Jima and Okinawa before both missions were aborted at the last minute. The I-58 also was at Kure during the 20th Air Force's attack on the naval station in June 1945 but escaped unharmed.

While on patrol during the night of July 29, 1945 the I-58 spotted the heavy cruiser USS Indianapolis, on its way to the Philippines after delivering parts for the atomic bombs at Tinian. Three of the I-58's six torpedoes hit the cruiser, sending it to the bottom of the sea in 12 minutes. Only 883 sailors out of a crew of 1,199 managed to abandon ship. After floating at sea and enduring horrific shark attacks that claimed the lives of many bluejackets, a total of 316 men were finally rescued four days later.

The I-58 was surrendered at Kure and eventually brought to Sasebo in October 1945. On April Fool's Day 1946, the I-58, along with 23 other Japanese submarines, were led out of Sasebo to an area off the Goto Islands called Point Deep Six and readied for destruction during Operation Roads End.

Associated Press writer Duane Hennessy describes the I-58's sinking in the April 3, 1946 issue of Pacific Stars & Stripes:

"The I-58 didn't die very gallantly . . .The explosion was different than the others. It seemed that the blast ripped the length of her spine and that flame flashed a trail from the bow to the stern.

Then the I-58 just sat there on the water. All her fight was gone. Her whole length began to sit deeper in the sea. And then, without any final noble gesture of farewell, she just settled and was gone."

Thousands of sailors manned the rails to witness the I-58's sinking that day. For nearly 60 years the sub lay on the ocean floor undisturbed and unseen – until April 2004.

Two Texas A&M researchers and a Japanese crew searching for the forgotten subs for a Discovery Channel documentary found 12 of them. The first submarine found and positively identified by the team was the I-58.

Schedule for July 1 - 10	
SHOWBOAT Telephone: 252-3822 FRIDAY, JULY 1 6:30 p.m. (PG-13) • *Batman Begins 9:30 p.m. (R) • *Unleashed <i>*Premiere</i> SATURDAY, JULY 2 6:30 p.m. (PG-13) • Batman Begins 9:30 p.m. (R) • Unleashed SUNDAY, JULY 3 6:30 p.m. (PG-13) • Batman Begins 9:30 p.m. (PG-13) • *Monster-In-Law <i>*Premiere</i> MONDAY, JULY 4 6:30 p.m. (PG-13) • Mr. & Mrs. Smith TUESDAY, JULY 5 6:30 p.m. (R) • Unleashed WEDNESDAY, JULY 6 6:30 p.m. (R) • Kingdom of Heaven THURSDAY, JULY 7 6:30 p.m. (PG-13) • Cinderella Man FRIDAY, JULY 8 6:30 p.m. (PG) • *Kicking and Screaming 9:30 p.m. (R) • *Crash <i>*Premiere</i> SATURDAY, JULY 9 6:30 p.m. (PG) • Kicking and Screaming 9:30 p.m. (R) • Crash SUNDAY, JULY 10 6:30 p.m. (PG-13) • XXX: State of the Union 9:30 p.m. (R) • House of Wax	MWR THEATERS BATMAN BEGINS (PG-13) <i>Starring: Christian Bale, Kate Holmes, Ken Watanabe, Morgan Freeman and Calan Murphy.</i> In the wake of his parents' murder, disillusioned industrial heir Bruce Wayne travels the world seeking the means to fight injustice and turn fear against those who prey on the fearful. He returns to Gotham and unveils his alter ego: Batman, a masked crusader who uses his strength, intellect and an array of high tech deceptions to fight the sinister forces that threaten the city. KICKING AND SCREAMING (PG) <i>Starring: Will Ferrell, Robert Duvall, Kate Winslet, Mike Ditka and Musetta Vander.</i> Phil Weston is an average Joe who's had to put up all his life with his overly competitive father, Buck. When Phil decides to coach his 10-year-old son's soccer team, he goes head-to-head for the league championship against Buck, who coaches his own young son on the greatest team in the league. Old scores come into play as Phil and Buck find themselves going to extreme measures to win the championship trophy. MR. & MRS. SMITH (PG-13) <i>Starring: Angelina Jolie, Brad Pitt, Adam Brody, Vince Vaughn and Angela Bassett.</i> A married couple is getting bored with their quiet domestic life. What they don't know, however, is that they're both assassins, secretly hopping the world and killing for hire. But their separate lives are about to collide when each finds out that their next target is their own spouse. UNLEASHED (R) <i>Starring: Jet Li, Morgan Freeman, Bob Hoskins, Kerry Condon and Vincent Regan.</i> This is the story of a slave who has lived his whole life without any sort of normal human education, with the mind and personality of a young child, with only one lesson learned: how to fight. Treated like a dog by his owner/boss Bart which includes having to wear a collar, Danny has been raised to be a lethal fighting machine who fights in illegal gladiator-style fight clubs, where he earns lots of money for Bart as the undisputed champion. After a car accident that lands Bart in a coma, Danny meets a kind elderly blind piano tuner on the run because he knows secrets some bad guys don't want known, who uses music to teach Danny some things about the world and about being human. FEATURED PREMIERE Crash (R) <i>Starring: Sandra Bullock, Don Cheadle, Matt Dillon, Jennifer Esposito & William Fichtner</i> A Brentwood housewife and her DA husband, A Persian storeowner. Two police detectives who are also lovers. A black television director and his wife. A Mexican locksmith. Two carjackers. A rookie cop. A middle-aged Korean couple. They all live in Los Angeles. And, in the next 36 hours, they will all collide.

HARIO VILLAGE	
Telephone: 252-8753	
FRIDAY, JULY 1	
6:30 p.m. (PG) • Madagascar 9 p.m. (R) • Kingdom of Heaven	
SATURDAY, JULY 2	
2 p.m. (PG) • Hitchhiker's Guide to the Galaxy 6:30 p.m. (R) • House of Wax 9 p.m. (PG-13) • Mr. & Mrs. Smith	
SUNDAY, JULY 3	
2 p.m. (PG) • Madagascar 6:30 p.m. (R) • Kingdom of Heaven	
MONDAY, JULY 4	
2 p.m. (PG) • Hitchhiker's Guide to the Galaxy	
WEDNESDAY, JULY 6	
2 p.m. (PG) • Madagascar	
THURSDAY, JULY 7	
6:30 p.m. (PG-13) • Monster-In-Law	
FRIDAY, JULY 8	
6:30 p.m. (PG-13) • Batman Begins 9 p.m. (R) • Unleashed	
SATURDAY, JULY 9	
2 p.m. (PG-13) • Batman Begins 6:30 p.m. (PG-13) • Monster-In-Law 9 p.m. (R) • Unleashed	
SUNDAY, JULY 10	
2 p.m. (PG) • Hitchhiker's Guide to the Galaxy 6:30 p.m. (R) • Kingdom of Heaven	

Cine-Pass
 available for purchase at:
 • Showboat Theater
 • Hario Theater
 • Travel & Tours Office

For more information, call 252-2980

Great Gift Giving Idea!

1. All sales are final. No refunds.
 2. Last cards will not be replaced.
 3. This card can be used for multiple admissions.
 4. A child's CINE-PASS CARD can be used for an adult's admission.
 5. Admissions based upon seating availability.
 6. Any card purchased, lost, mutilated, defaced or so damaged (tear) will not be accepted.
 7. This card has no expiration date.
 8. No cashback, credits, vouchers, statements or shares are allowed in the theater.
 9. No outside food or beverages allowed.
 10. CINE-PASS is for use at the Showboat & Village Theater.

Branch President
9 a.m. ~ Worship Service

- 7 -

Sasebo

SOUNDINGS

CLASSIFIEDS

VEHICLES

(Exp. July 16) **1995 Nissan Pulsar.** JCI - June '06. Great A/C, stereo/CD. \$1000 (OBO). Call 28-7322 or 080-3172-3429.

(Exp. July 9) **1996 Honda wagon.** JCI - '06. Runs great, roomy. \$1,500. Call 252-2557.

(Exp. July 9) **1992 Toyota Emina.** JCI - Dec. '06. Seats eight, asking \$3500 (OBO). Call 252-8581.

(Exp. July 9) **1994 Nissan March.** JCI - '07. \$2,200 (OBO). Call 252-7416.

(Exp. July 2)**1996 Mitsubishi Minica.** JCI - Mar. '07. 2 DR, 5 SPD, 67,000 Km, 10-disc CD changer, excellent condition. Asking \$1800. Call 090-5025-9489.

(Exp. July 2) **1994 Toyota Curren.** JCI - June '05. New 4W disk brakes, 2 DR, A/C, power windows. Recent tuneup and power steering. Runs great. MUST SELL - \$1250 (OBO) Contact Alec @ 090-9581-3582.

(Exp. July 2) **1992 Toyota Crown Royal.** JCI - '06. Clean, good condition, good gas mileage. Asking \$1,500. Call 252-8181.

MISCELLANEOUS

(Exp. July 16) Free hamsters. If interested please call 252-7404 or 090-2088-4149.

(Exp. July 16) PCSing, giving away female cat, 12 months old, has up-to-date vaccinations from on-base vet. Declawed, spayed, has microchip. 090-5477-1643.

(Exp. July 16) Phone rights for sale, \$150. Call 252-8386 or 090-9487-6699.

(Exp. July 9) Turtle, free to good home. Small turtle with glass cage, rocks, sunning stones and food. Leaving for summer - must find new home quickly. Call 090-1924-3616 or 090-3882-8616 after 3 p.m., or e-mail <secondwind53@hotmail.com>.

(Exp. July 9) Cannon 35mm AE-1 Program camera, (2) 50mm lenses, (1) 75-200mm lens, (1) auto/manual flash, filters, travel hard case and soft camera case with strap. Asking \$200. Call 252-3152 or 080-5281-0944, ask for David.

(Exp. July 9) Blue race car twin bed, \$75, 14-foot trampoline \$75. Carpet, dark maroon with specks of blue, only had for six months, fits living room in four-bedroom townhouse. Paid \$400, will sell for \$200. Call 252-8581.

(Exp. July 9) Phone rights for sale, \$250. Call 252-7416.

(Exp. July 2) Phone rights for sale, \$150. Call 252-3062 between 8 a.m. and 3 p.m.

(Exp. July 2) Thrifty Treasures is having a Bag Sale on Saturday, July 2 from 10 a.m. until Noon. Fill a bag (or bags) that we provide with all of your favorite treasures for only \$2. Choose from a wide

variety of items such as clothing, books, videos, toys, dishes and much more. Thrifty Treasures is located on the first floor of Sakura Tower in Hario and alll proceeds benefit our local community through Officers Spouses Club donations. Call 252-8940.

(Exp. July 2) The Girl Scouts will have everyone's favorite, Girl Scout Cookies, on sale during Open Base July 3. We will also be accepting early bird registration for 2005-2006. Registration deadline is July 15, 2005. Please e-mail us at sasebogirlscout@yahoo.com

HOME BUSINESS

IMPORTANT INFORMATION

Home-based businesses require CFAS approval, and WON'T be advertised in the Sasebo Soundings without it. Applications for Command approval are available through the SJA office, Bldg 80 or call 252-2103 for more information.

English teacher for all ages. Holds a Bachelor's degree, trained in tutoring English. Flexible hours. Please call Rebecca at 090 3736 5393.

English lessons offered. Can give in my home or yours. Very flexible. Call 080 3432 6967.

New English instructor in Sasebo. Holds Bachelor's Degree in Communications. Scheduling classes now for all age groups. Availability is limited, so call now! 080 3223 9162 or 252-8555.

Pampered Chef Consultant. My name is Florence Franks and I am a consultant in your area. BOOK YOUR SHOW TODAY and receive a gift for hosting your show, 10% discount card good for one year, bonus points for FREE Products & more... New Spring/Summer Catalog available. New Products. Call me anytime at 080 5201 7164 or ext.7302.

Several locals interested in meeting learning partners; you share a little English and in turn, they'll teach you Japanese. No monies exchanged. <maori@post.cc.sasebo.ac.jp> or 31-2863.

Experienced in teaching children and adults, will provide private English lessons to single students or groups. Morning and weekend classes available. Call Gina at 252-7264 or 090 4221 9211.

Experienced Math Tutor. Does your child need some additional help learning math? Can tutor all levels. For adults, college algebra tutoring is also available. Individuals or groups are welcome. Please contact Nina via email <ninasilverman@hotmail.com> or call 080 5211 0174 to set up a lesson.

English teacher, holding Bachelor's degree in Communications is offering classes now. Experienced in preparing college students for TOEIC examinations. Also inviting Japanese toddlers to join playgroups on Sundays. Call 252-8555 for more information.

Experienced in teaching English to non-native speakers. Will work with individual or group. Flexible hours. Call me at 252-8169.

Pacific Pixels Studio, 252-7158 or 090-4515-7655. Check us out at pacificpixels.com. Taking care of all your portrait needs... "Where the focus is you...your style, your way." 252-7158 or 090 4515 7655.

Paws 'n' Claws Pet Kennel. If you know someone PCSing to Sasebo w/pets, call 252-2905 to make a reservation. Hours of operation: Monday-Friday: 10 a.m. - 5 p.m. Saturday: 10 a.m. - 1 p.m. Sunday: 10 a.m. - Noon

Child Find is a DoD program which actively seeks to locate and identify children through the age of 21, who may need developmental or education or related services. If you think your child has a disability, call 252-3600 (EJ King School), or 252-8800 (JN Darby School).

Language Instructor-Japanese or English, private and group rates. Children and adult classes at your convenience. FMI call 34 7957.

Are you concerned about your child's growth, health, motor skills or development? Early Intervention Services offers services to children from birth to age 3 and their families. These services may include help with communication problems, behavioral concerns, motor skills, delayed growth & development etc. FMI, call EDIS at 252-3888.

Today's Memories by DeMauro. From portraits to parties. We cover it all, we're MD Photography. Give us a call. 252-8147. Check us out on the web at <www.mdphotography.net>.

Photography by Ferna is dedicated to offering a unique look to your next portrait. Call us at 090-5731-5744 or visit us at <www.photographybyferna.com>.

Authorized after hours AmeriCable Salesman/Installer. Base housing, BEH and BOH. Call 080 5246 2643 or 0956 24-5260 for price quotes. Free Installation. Ask for Jonathan Beaston, authorized AmeriCable contractor.

Stars and Stripes delivers to your on base post office box. As a service to Stripes readers, the Sunday edition of Stars and Stripes is offered seven days a week. Look for the specially designated vending machines at the following locations: Bayside Food Court, Main Base Post Office, McDonald's and the Hario Home Store. We are located in Bldg PW-47 on the first floor, or call us at 252-3890.

Looking for high schooler to help tutor on math & English skills for three children in the third and fourth grade level. Will discuss payment for 1-1.5 hours sessions on Thursday evenings at 4:30. Please contact Mrs. G at 252-8454.

The Pampered Chef celebrates Fathers Day! Get 60 percent off ENTIRE barbeque tool set when you host a June Kitchen/Catalog show. A great Father's Day gift! Receive a 10 percent discount card for one year and free products! Call Pampered Chef consultant Florence Franks anytime at 080-5201-7164 or 252-7302, or reach me by e-mail at <genefio3@hotmail.com>.

If you would like to place an ad in **Soundings**, e-mail us at <soundings@cfas.navy.mil>, or call 252-3485/3409.

WHAT'S HAPPENING?

Japanese Culture Festival

Attend a Japanese tea ceremony, wear a yukata (summer kimono) or try your hand at calligraphy and sample Japanese cuisine at Nagasaki Junior College on Saturday, July 2 from 11 a.m. until 2 p.m. This is a free event. To get there, turn left out of the Main Base gate, drive through the tunnel and pass the Pearl Sea resort. Turn left onto Highway 11. Turn right at the fourth light (Lawson store on the corner). follow the street until you see the entrance on your left. Call 28-6565 or 090-7479-2498 for more information.

Fit 4 Fuji

May 1-July 31
Prepare to climb Mt Fuji, this summer...get your Fit 4 Fuji wallet card stamped at the Outdoor Recreation Center, Hario or Fleet Fitness Centers and start earning rewards and discounts, getting FIT to conquer Fuji. Simply take advantage of programs with Outdoor Recreation (hikes and kayaking classes), as well as numerous fitness opportunities (lap swim/group exercise class/Fun Run events/ 30 minute cardio workouts or intramural sports with Fleet or Hario Fitness Centers and you're on your way! For more information call 252-3500.

NAVY

PFM

Personal Financial Management

BUILD YOUR DREAMS

Financial Services Plan



FFSC offers the following Financial Classes and Services:

For more information on FFSC's financial classes and services, call 252-3604/3121.

The Center

☒ Checking Account Management

☒ Credit Management

☒ TSP Program Awareness

☒ Car Buying Strategies


☒ Home Buying Workshop

☒ Savings & Investment Workshop

☒ Kids Financial Planning Workshop

☒ Command Financial Specialists Training

☒ Individual Financial Counseling



ICE

WHAT: The Interactive Customer Evaluation

(ICE) is an internet-based customer comment card system that allows you as a member of the DoD community to rate products and services provided by DoD offices and facilities worldwide. Your comment card ratings are used to improve the products and services available to you.

WHO: Anyone with a suggestion or a comment on the service they received.

HOW: Access the ICE website at www.cfas.navy.mil and click on the ICE icon.

WHY: Your comments and concerns assist in focusing improvements to services delivered to you.

WHEN: Anytime

For more information, please contact CMDR. H.E.Rumard, CFAS Command Chaplain at 252-3380.

JULY 4TH APPAREL IN-STORE DOORBUSTERS!

July 2-4, 2005

25%-50% off

our everyday low prices on entire stock of CATEGORIES SHOWN

LADIES'

25%

ENTIRE STOCK OF PEARL JEWELRY

25%

ENTIRE STOCK OF COSTUME JEWELRY from Allison Reed, Pure Allure & more!

25%

ENTIRE STOCK OF SANDALS

25%

ALL LIZ CLAIBORNE SPORTSWEAR Missy, Petite & Women's

25%

ENTIRE STOCK OF CAPRIS Missy, Women's & Petite

30%

ENTIRE STOCK OF SWIMWEAR

25%

ENTIRE STOCK OF DRESSES

25%

ENTIRE STOCK OF JUNIORS' SHORTS

CHILDREN'S

BUY 1, GET 1 50% off

ENTIRE STOCK OF SETS

30% off

ENTIRE STOCK OF SWIMWEAR Girl's, Boys' or Infants'

25% off

ENTIRE STOCK OF SANDALS

CLEARANCE! 60%-85% off ORIGINAL PRICES after an additional 40% off 9/2 and 9/6 endings Includes men's, Ladies', children's clothing, shoes, accessories, intimate apparel, domestics and costume jewelry

NEX


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Parenting and Child Care

www.navyonesource.com



Effective parenting and quality child care are important issues for young families in today's Navy. The military way of life presents both advantages and unique challenges; however, there are many programs in place to help parents give their children the best start possible to a healthy and productive life.

On Navy installations, the Fleet and Family Support Center provides parenting information and support, while the Child Development program will work with you on meeting your child care needs in a safe and secure environment. Be sure to check out the parenting information from the DoD Healthy Parenting Initiative, found on the Military HOMEFRONT website www.militaryhomefront.dod.mil (click on Troops and Families, then Parenting).

Additionally, Navy OneSource supports families no matter what time of day or where folks are located. Available by phone and online, Navy OneSource is ready to assist with information and resources on issues surrounding parenting and child care.

This month Navy OneSource is featuring the booklet, *Questions Parents of Toddlers Ask*. Receive a free copy of this booklet by calling a consultant or ordering online on the Navy OneSource website.

These resources are just a sampling of the many life articles and booklets available through Navy OneSource. In partnership with Fleet and Family Support Centers, Navy OneSource provides beneficial resources and information to help you meet the challenges and enjoy the opportunities of military life.

For more information on everyday life issues, call and talk with one of our Master's degree-level consultants.

Get in touch with Navy OneSource today

Stateside: 1-800-540-4123



Overseas: 800-540-4123* or call collect: 484-530-5914

* Note, when dialing local access numbers, local phone charges may apply.

Navy OneSource is available at no cost to you. Best of all, it is available—any time of day, wherever you are.

To reach a Spanish speaking consultant – En español llame al 1-877-989-5392. Navy One Source also offers simultaneous translation into more than 150 other languages. Phones are TTY/TDD accessible by calling 1-800-346-9188.

Online: www.navyonesource.com
User ID: Navy Password: Sailor





Fleet Gym 252-3588

Hario Gym 252-8691

Friday hikes gear up enthusiasts for Mt. Fuji

JOSN Adam R. Cole
CTF 76 Public Affairs

Past the haze gray of Navy ships lies an outdoor world of Sasebo that is full of natural wonder.



(Right to Left) Hospital Corpsman Second Class Guy Duke, Master at Arms First Class Greg Murakami, and hike coordinator Renee Ward, Outdoor Recreation assistant manager, lead a group of 10 hikers on a 99 Islands overlook hike June 24. The hike was part of the Fit For Fuji program, which prepares participants to climb Mt. Fuji. (U.S. Navy Photo by JOSN Adam R. Cole)

Fleet Activities Sasebo's (CFAS) Outdoor Recreation (OREC) program has designed a Friday afternoon program meant to unwind, explore and take in the beauty beyond the base.

On June 24, OREC led a Friday excursion to an overlook of the 99 Islands hike, letting participants have a breathtaking glance of the many lush islands that canvas the Sea of Japan. Friday's hike was not as much a hike as it was a stroll. Less than a mile, the main purpose was the view to be had and taking in the surrounding wilderness.

After several immediate, difficult treks up Sasebo's backcountry, hike coordinator Renee Ward, OREC assistant

manager, decided to take it easy on the crew.

"We've had ones that have really made people huff," said Ward. "So this time, we gave people the best part—the view—without the work."

Many of the individuals present on the hike didn't mind that the ease of making it to the summit, a look out point on the 99 Islands. They were still reeling from weeks past.

Hospital Corpsman Second Class Guy Duke was one of those that was in recovery mode after a recent Friday hike up a stretch called Hizakushi.

"My calves didn't like me too much after that one," said Duke.

Duke has participated in three hikes thus far this summer. He carries a giant professionally carved walking stick and a pack full of necessities, including ample water, a key to any hike. He has his sights set on Mount Fuji, Japan's tallest peak and a mountain that hundreds of thousands each year attempt to ascend.

"It's been two years too long," said Duke, who has let a significant portion of his tour here drift away without attacking Fuji head on. He doesn't plan on letting this year's opportunity slip by.

Most of those gathered for this Friday hike have Fuji in mind as they hike up the small hill toward the 99 overlook.

Master at Arms Third Class Jason Falls and wife Heather arrived in Sasebo just two weeks ago but have already completed three hikes. Mount Fuji is a must for them.

"We write down a list of everything we want to accomplish when we get to a new place, and Mount Fuji is definitely something we want to do," said Heather.

Lt. Cdr. Lisa Braun of the Naval Branch Health Clinic Sasebo has organized for her entire medical unit to participate in the Mount Fuji mission in late August. She has 23 people signed up to do the hike,

Gimme one basket, and a side order of 'stuff'ing...



The Showtime's Elroy Serano attempts to stuff the Outlaws' Trakeavik Blue as he attempts to score a basket during basketball action at the Fleet Gym. (U.S. Navy Photo by PH3(AW) Yesenia Rosas)

and trying to get one or two more if availability opens up.

To help Fuji dreamers accomplish their goals, OREC has designed a program called "Fit 4 Fuji," awarding prizes to those who participate in OREC hikes and do cardiovascular activity at any of the base workout facilities.

Three hikes and 20 30-minute cardio workouts will earn a participant a Fit 4 Fuji T-shirt and a \$20 coupon to be used

for any Sailing and Outdoor Adventure center activities.

"It's important that people participate in the program to get ready. These hikes get people acquainted with the uphill endurance needed and allow them to break in their hiking boots," said Ward.

After Friday's hike, Duke gets his third and final stamp on the Fit 4 Fuji card. He's happy but won't be completely content until he gets his Mount Fuji stamp.

Fitness Tip: Understanding, boosting your metabolism

Alec Culpepper
MWR Fitness and Aquatics Director

One of the best ways to lose a few pounds is to rev up your metabolism so you'll burn more calories—even when you sleep.

First, you need to understand how it works. Your metabolism is the rate at which your body burns calories. It's broken down into three parts—the three burners in your metabolic stovetop.

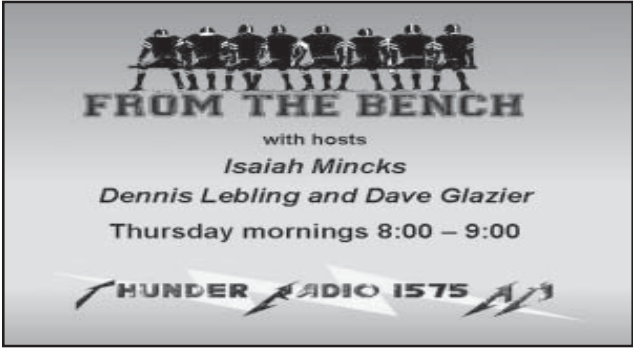
The largest burner is your basal metabolism (sometimes called your resting metabolism), which accounts for about 60 percent of the calories you expend each day. You burn these calories simply to exist, including at night when you're sleeping.

The second burner is your activity metabolism, which makes up about 30 percent of the daily calories that you use. These are calories you burn during running, as well as while sweeping the floor or walking upstairs.

The final burner is your thermic metabolism—calories

you burn while digesting food and some foods take more energy (calories) to digest, so you'll want to emphasize them whenever possible.

If you work it right, a good metabolism-boosting program will turn up the heat on all three burners. When this happens, you'll start getting leaner and fitter. You need to make some simple changes to (1) your exercise routine, and (2) your eating habits. I will cover these in the following weeks.



Upcoming Sports

Fourth of July Golf Tournament

Takeo-Ureshino Country Club
Singles handicap by flight
FMI or to sign up call 252-3588

Freedom 5K

Sunday, July 3, 8:30 a.m.
Nimitz

Fit 4 Fuji is through July 3!

Prepare to climb Mt Fuji, this summer. Get your Fit 4 Fuji wallet card stamped at the Outdoor Recreation Center, Hario or Fleet Fitness Centers. For more information, call the Fleet Fitness center at 252-3500.